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OUT OF DOORS FOR WOMEN

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OUT OF DOORS FOR WOMEN.

VOLUME II.

DECEMBER, 1894.

NUMBER 13.

BOTANY.

Mrs. A. H. Lincoln says: "A knowledge of Botany seems peculiarly adapted to women; the objects of its investigation are beautiful and delicate; its pursuits, leading to exercise in the open air, are conducive to health and cheerfulness; the objects of this science are scattered over the surface of the earth, along the banks of brooks, on the sides of mountains, and the depths of the forest."

The book of nature,—

"This elder scripture, writ by God's own hand," is receiving much more attention than in former times, and though the line is often quoted that:

"A little knowledge is a dangerous thing," it is emphatically conceded a truth that even a little knowledge of botany is much better than no knowledge of it. And Mrs. Lincoln's remarks to that effect as the introduction to her Botany has no doubt led many a one along this flowery path that otherwise might have been discouraged from making any attempt but for her remarks that if one can learn but a little about plants, that little is well worth acquiring and will be a pleasure and a delight increasing from year to year.

The habits of flowers which have the property of opening and closing according as the weather is sunny or cloudy and other characteristics of flowers give a charming and attractive interest even to flowers not in themselves particularly beautiful or otherwise conspicuous.

Tropical flowers, open in the morning, and close before evening every day, but the hour of their expanding becomes earlier or later, as the length of the day increases or decreases.

I have observed that the portulaca remained unopened all day during a rainy or cloudy day and kept on growing so that unfolding on the next day to the smiles of the sun, they presented a brilliant appearance, so sensibly larger than their usual habit. I have been told that at Havre, France, the portulacas are noticeably beautiful, large and brilliant. It may be they were beheld after a previous rainy or cloudy day, hence their remarkable size compared to those usually seen in the United States.

Meteoric flowers, less accurately observe the hour of folding, but are expanded sooner or later, according to the cloudiness, moisture or pressure of the atmosphere.

Equinoctial flowers, open at an exact hour of the day, and for the most part close at another determinate hour. E. E.

NOTES BY "OUR TIMES."

Our work and our pleasure has just begun and by midwinter our gardens will be a mass of bloom. Certainly California is the "Garden of the World."

Florists are rapidly becoming acquainted with the value of California grown bulbs and seed, and not less with the adaptability of many of our native shrubs to pot culture. A recent list sent us includes *Prunus ilicifolia* (oak-leaved cherry), and *Heteromeles arbutifolia* (California holly), among ornamental plants.

Remember that sour water is not wholesome for your plants. If you need to use waste water from the kitchen put it on while it is sweet smelling.

Maurandia alba is one of the daintiest window climbers now grown. The flowers are pretty and last well, while the foliage is distinctive.

A favorite shrub or shrubby vine (according to its training) is *Sollya*, or as it is more commonly known the Australian Bluebell.

It is popularly supposed that cacti are contented without water, needing warmth only, but it is our experience as well as

that of others that while these succulents can endure great drouth, they grow faster and more luxuriantly if kept well moistened.

"An English garden—apparent disorder, which is not the effect of chance, but, on the contrary, of consummate art, the result of fortunate combinations." [Selected.]

Our first garden in California was of the above type and we enjoyed all the more, its restful arrangement from the fact that we had come to it from the twenty foot artificiality of a city lot.

It was in this garden of delight that we first made acquaintance with the herbs so indispensable to our grandmothers. Rosemary and rue, wormwood, anise, sage, catnip, and sweet marjoram, each had their corner and their charm.

There was lavender too and such dainty "sticks" as we wove for all our house wifely friends.

Did you ever make a lavender stick? Given a handful of lavender blooms while the stems are yet supple, turn the heads down, altogether, and fasten tight, then with the aid of a yard or so of delicately tinted "baby ribbon" woven in and out between the stems, bind the whole into one symmetrical form. Then your stick is ready to be laid among the snowy linen.

Sacaline is a new forage plant which seems to be attracting much attention in the east. If it but half fulfils what is claimed for it, the future of the stock grower is secure.

There is a beautiful little primrose, (*Oenothera cheiranthifolia*) which completely covers the ground in the San Dieguito valley north of Del Mar, along near the ocean. It seems to be ever-blooming since at all seasons the bright yellow blossoms glisten in the grass, never minding either drought or flood.

May we wish all our readers a very "Merry Christmas?" We wish you could all enjoy with us the beautiful holly which we shall gather from our Southern hills to brighten our walls on the festival day. There will be a sprig of misletoe here and there too, to add to the merriment of the young hearts which may belong unto old heads.

Do not forget the flower lovers in your midst, in selecting

your Christmas gifts. A growing plant with its promise of bloom will often give more pleasure than a much more costly gift possibly could.

One Christmas we ran short of ornaments for our tree. The "mother of invention" being with us, we gathered a number of the very common "mock oranges" (*Cucurbita palmata*) leaving on an inch or two of stem, dipped them first in glue, then rolled them quickly in a powder of broken "periwinkle" shells and the result a beautiful glistening mother of pearl sphere, which candle light gave every hue of the rainbow. Of course we lived by the beach where all the materials were easily gathered, but there could be suggested many substitutes for the shell,

Our cacti are infested by an insect which we suspect to be the "mealy-bug." If any one can give us direction show to rid plants of this pest we shall be grateful.

Pretty sayings about our climate are common now-a-days, but that was a quaint speech of Beatrice Harraden in which she is reported saying that "San Diego air has a bloom on it."

THE STAR IN THE EAST.

The star, the star in the eastern sky,
 Led on with its golden light
 Wise men who came with a purpose high,
 Glad of its guidance bright.

The star, the star in the eastern sky,
 Shone o'er the infant king.
 The wise men adoring came close by
 Bowed low in worshipping.

The star, the star in the eastern sky,
 Beneath its burning ray,
 They poured their treasures with purpose high,
 Then took their homeward way.

Henceforth our star in the eastern sky,
 To guide our souls to heaven.
 Is that Christ-child returned on high,
 To whom all power is given.

CHRISTMAS MUSINGS.

When canvassing among my neighbors the merits of *Out of Doors for Women*, I found that a number of them were subscribers to the *May Flower*, a floral magazine published by John L. Childs, Floral Park, N. Y. Its general reading is fine. If, with our other periodicals we can afford two floral helps, I know of none that I would prefer, for a second, than the *May Flower*. But, most of the articles are written with special reference to a cold climate, therefore, not of as much practical value to amateurs in Southern California as one published on the coast. Gardening in the east and Southern California are two different things, we do not need directions to protect our plants from a cold winter. So, sisters of the sunny South, if, as I said before, we can afford but one floral help let us patronize "*Home Industry*," speaking of home industry reminds me of that wonderful woman, Mrs Theodosia B. Shepard of Ventura. A shining example of what out of doors and grit will do for woman. Her floral gardens, started under unfavorable circumstances, poor health and limited resources, are now among the finest in California, furnishing plants and seeds for the largest horticultural establishments in the east. Some years ago she was threatened with pulmonary trouble, nearly losing her voice. Instead of giving way to lamentation and remaining indoors, she lived almost entirely in her gardens, declaring in a whisper that she was "not a bit sick." To day, she will tell you with a voice equal to your own, that there is no medicine in the world equal to out door work.

"Great Scott! Susan, (that's my pet name) change the subject. Fresh air is well enough for a hobby, but to materialize Christmas presents, it isn't worth a cent."

Looking reprovingly at the speaker, I point lovingly to the little pots of daisies, carnations and lilies that are sunning themselves in the window. With an impatient "pish" James dug his hands deep into his empty trowsers pockets and subsided into a big arm chair. Covering his face with a newspaper, he was soon dreaming dreams of divers aunts and cousins whose Christmas longings would be appeased with nothing less than diamonds, or at least a silver cake basket. I look doubtfully at

the dear little pots and fall to groaning in spirit, wondering dismally if the floral gifts, intended for my dearest friends, would be a pleasure, or a disappointment. To whom should I give the daisies, the carnations and especially those lovely lilies, proclaiming in each snowy petal, the glad tidings, "Peace on earth, good will to man." Surely, these were gifts for a king!

But for those obdurate aunts and cousins, what shall it be! It is all very well for writers to say "I resurrected, from the rag bag, an old gold plush skirt, or found in the attic, a pale blue silk dress, a relic of my greatgrandmother," my plush skirts never get a wink at the rag bag, to the truth of which, half a dozen children can testify. Neither have I an attic or silken reminiscences (I had almost said remnantiscences) of a greatgrandmother. I have read of watchpockets made out of "white satin slippers, yellow with age." But, the slipper! the slipper, who's got the slipper? Yesterday, I found an old fashion magazine. The first article I turned to, read, "Hints for Christmas." Instantly I was lost to the world. "Handkerchief case. Take a half yard of green silk plush, half yard of pink satin, half yard of quilted cotton battin, four yards pink silk ribbon." So on, to the bottom of the page. I turn the leaf, at that rate my purse would 'nd reach half round one aunt. Another article gave lovely designs to be painted on chopping bowls, soup spoons, etc. They, surely would not transcend my resources. But I can't paint, so, there you are. I shall, perforce, have to fall back on my brown linin shoe bags, edged with crochette fringe. Hemstitched butcher linin scarfs, creton stocking bags, and the like. That the sisters have had, or will have better success, is the wish of

BUSYBODY.

For a receptable for your house plants, in a small room, there is nothing better or more convenient than a table, any ordinary kitchen table will do if not too large. Have a moulding put around the edge to be about two inches above the top of the table. Have it lined nicely with zinc; stain the wood dark; have castors inserted in the legs. When all is ready fill the top with clean river sand; one inch deep will do very well. Place your jars in this without their saucers. This is one of the best flower

stands ever used and is almost indispensable in a cold climate where plants have to be protected from the cold during the winter months, besides it is quite an ornament in the room. You will be surprised how many jars of plants such a table will hold and what little care they require. For neatness there is nothing to be compared with it. "No soiling the carpet from overfilled saucers." A table prepared in October, November, or even as early as September, will keep in good condition till time to plant your flowers out doors in the spring time. M. A. C.

A lady in Vermont aged 84, writes: "Oh, I thank you for the OUT OF DOORS FOR WOMEN that you send me, but my work out of doors in the winter is shoveling snow, I do not think it is quite so healthy but I have it to do as long as I can." Do not the above remarks testify to the beauty of out of doors work that gives a woman of 84 years the capacity to do such work at such an age. Those who approve of longevity might do well to make a note of this and work out of doors even if they have to shovel snow!

A WINTER GREETING.

From banks and beds of slumber flowers
 Where poppy shakes her lavish gold,
 And shy wild lily buds uphold
 Their portals through the sunny hours,
 To you in winter's icy hold
 These blooms I send to whisper bold
 In snow's despite of sun and showers,
 And smile defiance to the cold.

For they are drunken with the dew,
 And drowsy with the hum of bees,
 And splash of waves upon the sand;
 I bid them bring some hint to you
 Of fervid sun and languid breeze
 Of California's golden land.

Clara Beatrice St. George.

WHICH IS THE SWEETER?



This beautiful study in water-color ($12\frac{3}{4} \times 17\frac{1}{2}$ inches in size) is a picture of surpassing loveliness, and one which would probably cost \$5 at any art store.

By special arrangement with the publishers we are able to offer one free to every reader of this magazine that will fill out the following coupon: W. Jennings, Demorest, 15 East Fourteenth st., N.Y.

Inclose find 4c for postage, etc. Please send me by mail the water-color

"Which is the Sweeter?" which I am entitled to by being a reader of OUT OF DOORS FOR WOMEN:

.....

.....

THE COLUMBIA DESK CALENDAR.

For ten years the desk calendar issued by the Pope Manufacturing Company has held a unique place among business helpers. Each daily leaf during that time has taught its quiet lesson of the value of better roads and outdoor exercise, and especially the benefits of bicycling. The calendar for 1895, which is just issued, is even brighter than its predecessors in appearance, as clever artists have added dainty silhouette and sketch to the usual wise and witty contributions that have heretofore given this popular calendar its charm. It can be had for five 2-cent stamps from the Pope Manufacturing Company, Hartford, Conn., or from any Columbia bicycle agency.



ANEMONE "WHIRLWIND."

In 1888 there originated in Rochester, N. Y., a new double white anemone, which has proved perfectly hardy, strong, and a willing bloomer. The flowers are $2\frac{1}{2}$ to 3 inches across, with several rows of white sepals, and last much longer than the single variety. The plants grow quite evenly in height, from $2\frac{1}{2}$ to 3 feet, and with large and abundant foliage.

We are indebted to James Vick's Sons for the accompanying illustration of this beautiful flower, which they will introduce in 1895 to the horticultural world.

WE CAN'T TAKE IT ALL.

Plant raisers are great for giving advice. We can't always take it, and sometimes it is too ridiculous, and is only fit to smile at, good naturedly, of course. One lady tells me, if I want a plant to grow well, never plant it, or repot on Friday, or when the moon is old. Another says, when you break off slips always take three. A young lady told me she had a lovely yellow rose in the garden. She did not dare give her lover a bud, for it was a dreadful sign of bad luck. I've had people tell me to put raw oysters in the pot where the Calla is growing. I followed directions, and in the warm sitting room, it made a smell simply sulphurous. Without suspecting the oysters we hired a carpenter to take up the boards of the floor in vain search for a dead rat. Now, I'm advised to pour a table spoon full of castor oil around the roots of the Calla, and the blossoms will be astonishing. If this heroic remedy affects them, as it does some children that have had the oil poured down their throats, they will be very sick plants. Again, I was told to put wood ashes in the tops of the flower pots. A very beautiful Fuchsia subjected to this, died way down. Of course, you have been told to thrust burnt matches into the earth around your plants, to stick glue in the earth and to poke down to the roots pieces of raw beef. Another says cut your old leather shoes in small bits, and these make a grand fertilizer. Let "well enough alone," your plants may dwindle from too much fussing, as well as from neglect.

SISTER GRACIOUS.

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Number two of the Biggle Farm Library, published by Wilmer Atkinson Co., Philadelphia. It is edited by Judge Jacob Biggle, a practical berry grower and berry lover, who has arranged in a systematic and attractive way not only what he has to say himself, but also the valuable advice and experience of many leading berry experts of the country who have contributed to its pages. The book is condensed and practical, as valuable for the villager with his 10x12 handkerchief berry patch as it is for the commercial berry grower with his 20-acre field. An attractive feature is the series of colored plates, of over 60 berries true to size, shape, and color; 68 other illustrations and 33 portraits also embellish the book. Price 50c.—45c. to our subscribers.

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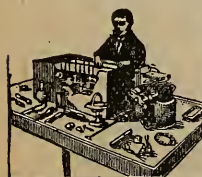
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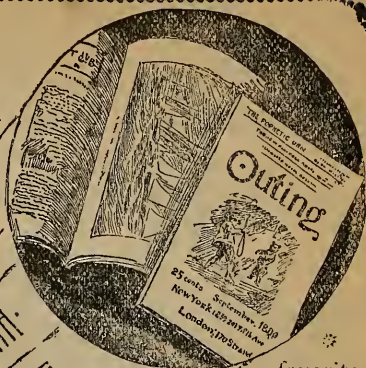
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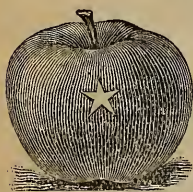
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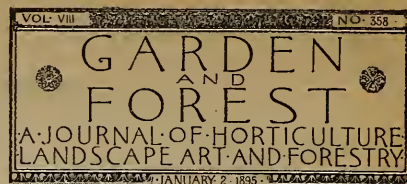
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
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